

PARTICIPANT INFORMATION SHEET FOR STUDENTS

Smooth Sailing: Evaluating an online service for student wellbeing

What is this study about?

The Black Dog Institute has built an online service called Smooth Sailing. Smooth Sailing aims to help students cope with worry, stress, and feelings of sadness. We now wish to test this service in high schools. We will do this by conducting a research study. Your school has decided to take part and we'd like to invite students to participate. This study is being done by Dr Bridianne O'Dea from the Black Dog Institute, UNSW, and is funded by HSBC.



What does this study involve?

Participating in this study involves the following :

- 1 Sign this consent form and return it to the school. It will be provided to the research team.
- 2 In class, you will be asked to visit the Smooth Sailing website and create a username and password. This will ensure that your details are safe and secure.
- 3 You will then be asked to answer questions about yourself (e.g., name, gender, age, history of mental health problems) and questions about how you have been feeling lately (e.g., depression and anxiety symptoms, thoughts about suicide).
- 4 Based on how well you are feeling, Smooth Sailing will then create a personalised website for you. A range of internet activities and programs that are proven to improve wellbeing will be suggested. These can be done in your own time, without supervision.
- 5 Every 2 weeks, you will receive an automated email or SMS "check-in" to see how you are doing.
- 6 At 6 weeks, you will be sent an email to complete another questionnaire.
- 7 At 12 weeks, you will be asked to complete one last questionnaire. This will help to determine whether Smooth Sailing improved student wellbeing. After this, the study will be complete.

If you report that you are feeling **suicidal**, or very **depressed** or **anxious** in the trial, the School Counsellor will be informed. The School Counsellor will then assess you and follow school procedures. Mandatory reporting requires that a parent or guardian is informed if any student is at risk of suicide or self-harm.

What happens to the information collected?

The information entered into Smooth Sailing is stored using the same level of encryption used for internet banking. The website platform is owned by the Black Dog Institute. You will be given a unique code that is used instead of your name. Names will not be included in any presentation or publication of the study. It is a requirement of the Ethics Committee that all data is stored for 15 years. It will be stored on the Black Dog Institute server, and will only be accessed by people who have permission from the Ethics Committee.

Are there any risks?

Aside from your time, we do not think that there will be risks or costs associated with taking part. This study may identify mental health symptoms; however, this will be responded to accordingly and appropriate care will be provided.

Does a student have to participate?

No. Participation is entirely voluntary. There is no obligation to take part. This decision will not affect your relationship with your school, the Black Dog Institute or the University of New South Wales.

How can I find out the results of the study?

If you would like to receive electronic feedback via email, please indicate this when signing consent. An overview will also be published on the Institute's website.

What if I want to withdraw?

You can withdraw consent at any time by contacting the research team using the details below. No reasons need to be given.

What if I have questions or complaints?

If you have any questions, contact the chief investigator Dr Bridianne O'Dea by b.odea@blackdog.org.au or 02 9382 8509. If you wish to make a complaint, contact the Human Research Ethics Committee humanethics@unsw.edu.au or 02 9385 6222 using project reference number HC17910.

DECLARATION OF CONSENT

YES I WISH TO PARTICIPATE

Please tick the following:

- I have read the information above and am satisfied;
- I understand the purposes, tasks, and risks of this research project;
- I understand that de-identified mental health data about me will be stored on UNSW computers for 15 years;
- I freely agree to participating** in this study and understand that I am free to withdraw at any time and that withdrawal will not affect my relationship with any of the named organisations and/or research team;
- I would like to receive feedback from the Institute on the study results via email.
- I am happy to receive information about other youth mental health studies at the Institute.

NO I DON'T WISH TO PARTICIPATE

Please indicate the following:

- I **do not** provide consent to participate in this study.

OPTIONAL—Please tell us why you do not wish to participate (tick all that apply):

- I feel that the study may increase my school workload;
- I am concerned that the study may increase distress;
- I am worried about what might happen to my information;
- I am concerned that I will not be adequately cared for throughout the study;
- I do not think students should receive mental healthcare at school;
- I do not want to take part.

Other reasons:

Name of Student	
Signature of Student	
School of Student	
Student's school email address	
Student's mobile number	
Date	

PLEASE RETURN TO YOUR SCHOOL AS SOON AS POSSIBLE. THANK YOU.

Declaration by Researcher (Office use only)

I believe that the participant has understood the above information and hereby authorise their participation in the study.

Researcher Name:	Researcher Signature:	Date:
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